

Student Lunch.....\$2.75  
Milk only.....50¢

All Meals include a choice  
of 1% or  
Skim White Milk



# Hale Early Education Center January, 2019

Student Name: \_\_\_\_\_

All breads & grains  
are whole grain rich  
for better health!



Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
<p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni &amp; Cheese Fresh Green Beans Fresh Pears 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Pepper Strips Fresh Pears 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheeseburger on a Roll Corn Niblets Sliced Peaches 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Sliced Peaches 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheese Ravioli with Marinara Sauce Fresh Broccoli Raisins 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Broccoli Trees Raisins 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Links Baked Tater Tots Strawberries 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Baked Tater Tots Strawberries 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
<p><u>Choose one</u></p> <p>1. Chicken Patty on a Roll Baked Beans Fresh Apples 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Raw Broccoli Trees Fresh Apples 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. BBQ Rib Sandwich on a Roll Seasoned Curly Fries Fresh Pears 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Seasoned Curly Fries Fresh Pears 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Cheese Pizza Bites Marinara Dipping Sauce Fresh Broccoli Fresh Apple 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Raw Broccoli Trees Sliced Peaches 1% or Skim White Milk</p>	<p><u>Choose one</u></p> <p>1. Tangerine Chicken with Fluffy Rice Fresh Green Beans Pineapple Tidbits 1% or Skim White Milk - or -</p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Pepper Strips Pineapple Tidbits 1% or Skim White Milk</p>	<p><b>Winnie the Pooh Day!</b></p> <p></p> <p><u>Choose one</u></p> <p>1. Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p> <p><b>Honey Graham Bear Cookie!</b></p> <p>2. Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</p>

### A Note from Your School Kitchen

Parents – Log onto [www.myschoolaccount.com](http://www.myschoolaccount.com) to view your student's lunch balance and make payments online.

Bagged Lunches are available for field trips from your school kitchen!

Call 860-742-4540 or stop by the kitchen the day before the trip to order!

Questions or suggestions? We would love to hear from you! Please do not hesitate to call the kitchen at 860-742-4540 or Food Service office at 860-742-4535. *This institution is an equal opportunity provider.*



<p>Monday, January 21</p>  <p>School will be closed today to celebrate Martin Luther King's Day!</p>	<p>Tuesday, January 22</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheeseburger on a Roll Baked French Fries Diced Pears 1% or Skim White Milk</li> <li>- or -</li> <li>Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Diced Pears 1% or Skim White Milk</li> </ol>	<p>Wednesday, January 23</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Pasta &amp; Meatballs Marinara Sauce Seasoned Broccoli Raisins 1% or Skim White Milk</li> <li>- or -</li> <li>Yogurt &amp; Bagel Mozzarella Cheese Stick Raw Broccoli Trees Raisins 1% or Skim White Milk</li> </ol>	<p>Thursday, January 24</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Hot Pancakes with Sausage Links Baked Tater Tots Sliced Pears 1% or Skim White Milk</li> <li>- or -</li> <li>Yogurt &amp; Bagel Mozzarella Cheese Stick Baked Tater Tots Sliced Pears 1% or Skim White Milk</li> </ol>	<p>Friday, January 25</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</li> <li>- or -</li> <li>Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</li> </ol>
<p>Monday, January 28</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Chicken Patty on a Roll Lettuce &amp; Tomato Baked Beans Fresh Pears 1% or Skim White Milk</li> <li>- or -</li> <li>Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Pepper Strips Fresh Pears 1% or Skim White Milk</li> </ol>	<p>Tuesday, January 29</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Soft Chicken Taco Fluffy Rice Corn Niblets Apple Slices 1% or Skim White Milk</li> <li>- or -</li> <li>Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Apple Slices 1% or Skim White Milk</li> </ol>	<p>Wednesday, January 30</p> <p><b>Half Day!</b> <b>Bagged Lunch</b></p> <p>Fresh Yogurt and Bagel Mozzarella String Cheese Cucumber Coins Fresh Apple Choice of Milk</p> 	<p>Thursday, January 31</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cherry Blossom Chicken with Fluffy Rice Seasoned Broccoli Orange Smiles 1% or Skim White Milk</li> <li>- or -</li> <li>Yogurt &amp; Bagel Mozzarella Cheese Stick Raw Broccoli Trees Orange Smiles 1% or Skim White Milk</li> </ol>	<p>Friday, February 1</p> <p><u>Choose one</u></p> <ol style="list-style-type: none"> <li>Cheese Pizza Slice Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</li> <li>- or -</li> <li>Yogurt &amp; Bagel Mozzarella Cheese Stick Fresh Cucumber Coins Orange Smiles 1% or Skim White Milk</li> </ol>

Follow us on Twitter!  
@CoveAndoSchFood



Like us on Facebook!

[www.facebook.com/CoventryAndoverSchoolFoodService](http://www.facebook.com/CoventryAndoverSchoolFoodService)

January Health Tip:  
Get your ZZZZZZZ's!

A good night's sleep is incredibly important for your health. In fact, it's just as important as eating healthy and exercising. Unfortunately, the Western environment is interfering with natural sleep patterns. People are now sleeping less than they did in the past, and sleep quality has decreased as well.

Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Try to go to bed and wake up at the same time every day. Have a bedtime routine that's relaxing, such as taking a warm shower or reading for fun. Keep your bedroom comfortable, dark, cool, and quiet. Limit your use of electronics, such as computers and video games, for several hours before you go to sleep.

